

ACT Gazette

Issue 25 Autumn / Winter 2016

ACT champions community & rural issues



ACTion
with communities
in cumbria

Rebuilding Together

A new Big Lottery funded partnership project to assist communities and organisations to be more resilient.

ACT will be raising awareness of the causes and risks of extreme weather incidents and helping people be more prepared to meet them. (Read more on page 10)

Hazel Graham (CAfS), Karen Bowen (Cumbria CVS) and Lorraine Smyth (ACT) launch new 'Rebuilding Together' programme.



Supporting Village Halls to manage risk

ACT will be working with Community Building and Village Hall management committees, to be more resilient and manage the risks they face. The 3 year project, funded by The Prince's Countryside Fund, will focus on the on-going challenges of running facilities sustainably. (Read more on page 5)

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Other News - Events, Funding Opportunities etc.

Save the Date:

ACT Community Buildings Event

Sat 11 Feb 2017, 10am - 2pm
Venue TBC (South Lakes)

Contact Dani at ACT to book a place
Tel: 01228 817224
Email: info@cumbriaaction.org.uk

Cumbria CVS Volunteering Fair

Tues 31 Jan 2017, 10.30am - 12noon
Penrith Methodist Church CA11 7QY

Contact Judith Holmshaw at Cumbria CVS,
Tel: 01768 800350
Email: judith@cumbriacvs.org.uk

Cumbria Neighbourhood Watch Association AGM & Conference

Sat 19 Nov, 10am - 12.30pm
Sandylands Methodist Centre, Kendal
Visit www.cumbria-nhw.org



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Hi All,

This issue has Resilience as a focus. It is nearly a year since the disastrous floods of December 2015 and some communities have experienced more flooding since then.



With the launch of the Cumbria Floods Partnership Plan, the new Rebuilding Together programme, the Government focus on recovery and resilience, and the many activities and energies communities are investing, its important to take stock and realise that much has been done towards recovery and resilience. But there is still more to do at local and national level. A recent report provides a high level summary of the work underway nationally on property resilience measures. You can find it here: <https://www.gov.uk/government/publications/improving-property-level-flood-resilience-bonfield-2016-action-plan>.

As part of the Rebuilding Together programme there will be a summary of the research and guidance that is taking place, and we will try to provide a brief guide for individuals and communities to engage with. Meanwhile, if you have any queries on any of the information you see then do give us a ring. If we do not know the answer we should be able to help you find someone who does.

While attending the Lake District National Park Partnership's 10 year celebration event recently I got to speak to the UNESCO Assessor for the World Heritage bid. The Assessor and I had a very energetic conversation about informing, involving and engaging people and communities.

We shared experiences from her work with American National Parks and ACT's work on Community Led Planning. The similarities were startling and left me thinking how important it is to keep up to date with experiences from elsewhere. Keeping up to date can encourage, challenge and inform our practice. That's what our case study approach aims to do, so if you have experience of getting a project done that you think it would be good to share, then please get in touch.

We have some new colleagues at ACT. Kerry Barlow joined the team in September as our Business Admin Apprentice after returning to Cumbria from serving in the forces. Kerry is hoping to achieve her Level 3 in Business Administration whilst working with us. Veronica Stockdale is helping to update village hall information on ACT's website (pg 6), and Shirley Muir and Heather Askew have joined us for six months on the Rebuilding Together project. Shirley and Heather will mainly work in West Cumbria and are contactable through our main office.



Page 12 has information about Cumbria Community Foundation's Flood Recovery and Winter Warmth appeals. I would also encourage you to visit our website for the Affordable Warmth briefings that we produced last year with information for you and your community: www.cumbriaaction.org.uk/ResourcesPublications/RuralBriefings.aspx

You will see on page 14, how to comment on the Success Regime consultation on health service changes in west, north and east Cumbria. Considering how these new approaches will meet your needs and those of your community is really important and I would encourage you all to respond. The Better Care Together programme, for South Lakeland and Barrow, is also engaging in a conversation about service change here: www.bettercaretogether.co.uk

If you would like to share your response on the accessibility of services with us, we may be able to include it when the Cumbria Rural Forum undertakes a Rural proofing exercise later this month. Do get in touch.

And finally, I know it's a bit early but,

**Seasons Greetings and
a Happy New Year from
all at ACT**



Remember if you support us - we can better support you! Sign up now!



Interview:

Joe Murray QPM - Chair of Cumbria Neighbourhood Watch and Cumbria Crime Stoppers

Background

Joe is a retired Police Inspector from Cumbria. Before he retired 5 years ago he was in the military and then the Police force, where after 31 years he was awarded the QPM, Queen's Peace Medal, for distinguished service.

One of Joe's last roles in the Police was as the Community Safety Inspector on the West Coast. This has left him with an interest in community safety and resilience that he now exercises as chair of Cumbria Neighbourhood Watch Association (CNWA) and Cumbria Crime Stoppers.

Joe lives in Kendal where he is also chair of the Kendal Community Emergency Group and is helping them draw together a Resilience plan for Kendal.

ACT has worked with CNWA for several years and with the new 'Rebuilding Together' programme will do so more closely. Lorraine Smyth caught up with Joe recently to ask his views on the future of Neighbourhood Watch and its role in resilience activities.

What is Cumbria Neighbourhood Watch?

Cumbria Neighbourhood Watch Association (CNWA) aims to:

- Help people protect themselves and their property
- Reduce crime and fear of crime
- Promote home security and home safety awareness
- Encourage greater vigilance community spirit and resilience

NEIGHBOURHOOD WATCH IN CUMBRIA

CNWA is run entirely by volunteers, with some very welcome support from Cumbria Constabulary, in particular Andy Baines who is the Crime Reduction and Criminal Partnerships Officer and long term supporter of CNWA.

CNWA has a secure communications system called Cumbria Community Messaging (CCM). The messaging service is used by a range of partners to keep people informed, particularly during an emergency. Most of the 40 Community Emergency Plans that we have in the county are now also stored on the secure CCM site, ready to be accessed by the 'blue light' services in the event of an emergency.

Why do you volunteer with Cumbria Neighbourhood Watch?

Joe is a full time volunteer choosing to spend his time, and draw on his police experience in partnership working, to give back to the community. He was in London recently for the national Crime Stoppers meeting, and for a reception at the House of Commons for Pub Watch, another of his interests. CNWA led to Joe being involved in Crime Stoppers and also in the Kendal Community Emergency Group.

Last year's flooding events in the county affected Joe personally when his daughter's house was flooded. He watched the water rise up through the floor to a depth of three feet, "...just like being in a lift, it was horrible to feel so powerless".

At this difficult time for many, Joe observed the great community spirit and neighbourliness which exists in Cumbria, and which he also describes as the building block of the Neighbourhood Watch Movement.

"I know that people swam across the flooded roads to help each other. People who had never spoken to their neighbours were doing things for each other. That kind of spirit needs to be nurtured and can be targeted at community resilience activities to make us all safer and more secure in our homes and community."

(Cont. on page 4)

Priorities for the future

Joe sees a busy future for CNHW, targeting some of that community spirit and neighbourliness into resilience activities. He is committed to making CCM the communication system for individuals and groups in emergency situations.

Early messaging in a community emergency situation allows people to prepare, respond better and therefore recover more quickly.

Joe said: "People want to be prepared, and they are all different in their approach and their willingness to be involved. This is less about volunteering and more about participating at times of crisis to support yourself, your family and those around you."

CNWA aims to be at the forefront of community resilience with a huge part to play in communication and with the aim of getting every household involved.

Joe wants to bring CNWA into the 21st Century to work alongside all partners including delivering on the Police and Crime Commissioners priorities.

Working with the local and national organisations of Neighbourhood Watch, and Crime Stoppers means that Cumbrian learning can be shared on a national stage.

ACT will be working with Cumbria Neighbourhood Watch as part of the new Rebuilding Together project which will promote the Cumbria Community Messaging Service and encourage all households and communities to engage in resilience discussions.

More information

For further information on Cumbria Neighbourhood Watch visit their website at: <http://www.cumbrianeighbourhoodwatch.co.uk/>

For more information on Community Messaging visit: <https://www.cumbriacommunitymessaging.co.uk/>



Eden Community Emergency Planning Grant

Communities in Eden district can now apply for a grant to help with Community Emergency Planning.

An effective Community Emergency Plan can help to minimise the impact of an emergency and help communities to recover more quickly. It's a simple document which identifies potential emergency situations that could occur, and sets out what residents and businesses can do before, during and after to: be prepared; know what to do; and bounce back.

The small grant of £150 is intended to support community groups to engage with the wider community, to help inform their Plan.

There will have been incidents in the past which the community responded to by working together and looking out for their neighbours. Learning more about them can help you to identify potential risks and positive actions for the future. Who may be most at risk in the community, who is willing to help in the event of an emergency, and what can they offer?

Simple guidance to help communities with 'Having the Conversation' is available, together with more comprehensive guidance and template Community Emergency Plans, on the ACT website here: <http://www.cumbriaaction.org.uk/WhatWeDo/CommunityEmergencyPlanning.aspx>

Parish / Town Councils or any appropriate constituted group can apply for the grant, however, only one application per community will be considered therefore applicants must be coordinating with other local groups.

For more information about the Eden grant please contact Hellen Aitken at ACT (see back page for details). For more information about the Community Emergency Planning support ACT can offer across Cumbria, please contact the officer for your area.



Managing Risks to your Hall

ACT has been awarded £5,000 per year, for three years from The Princes Countryside Fund, to support community buildings with risk management.

An initial workshop at our recent Community Buildings event in Scaleby Village hall asked those attending: **What is it that keeps you awake at night about your hall?**

Not surprisingly one of the main answers was money! But governance, getting people involved in the committee, and running the hall were close seconds.

This new funding will allow ACT to pilot a risk strategy approach with a small number of halls, before rolling out a training and support process for all halls in Cumbria by 2018.

The risk strategy approach will help halls to get the basics (health and safety, governance, maintenance, employment law etc.) in a place where the support information from ACRE and ACT can be used to manage the hall well. It also allows space for any additional local risks like flooding, access, and other issues, to be addressed in an organised and timely manner.

We're looking for six halls to volunteer to help us develop the Managing Risks approach. Ideally we'd like a range of participants with different challenges e.g. large / small halls, in rural / more populated areas, with active / less active committees, perhaps also affected by flooding or other extreme weather event.

As a volunteer hall you will benefit from:

- ACT's services to assist you to develop a Risk Strategy for you hall
- Credit for helping to develop resources for other halls
- Some fun along the way

Please contact us (see back page) if you're interested in getting involved.



Congratulations Longtown

Congratulations to Longtown Memorial Hall Community Centre on successfully achieving Hallmark One - for Charity Administration and Management. Laura McKeown was presented with the award by ACT Chief Executive, Lorraine Smyth, at our recent Community Buildings event at Scaleby Village Hall.

Is your hall ready for Hallmark?

Hallmark is the nationally recognised quality scheme designed for community buildings.

The 3 Hallmark awards cover:

1. Charity administration and management
2. Health, safety, security and licences
3. Community and social awareness, communications, forward planning and development

It provides funders and other organisations interested in village halls with a benchmark for well managed community facilities, and gives village hall volunteers confidence that they are running their hall in the correct way.

Some insurance companies offer a discount for village halls which have achieved Hallmark, which in Cumbria is administered by ACT. Participating halls are asked to contribute £50 towards volunteer peer visitor travel costs.

Contact us or visit our website for more information: www.cumbriaaction.org.uk/WhatWeDo/Hallmark



ACT's Lorraine Smyth presents the Hallmark award to Laura McKeown from Longtown Memorial Hall Community Centre



Trustees' Week 7-13 November 2016

Recruiting younger trustees

The Committee Members running village halls are Charity Trustees. Trustees week recognises and celebrates the role such volunteers have in making their communities function more effectively.

- There are approximately 165,000 charities in England and Wales, with just over 850,000 Trustees.
- Just under half the UK's trustees are women.
- The average age of trustees in England and Wales is 59 years.
- There are many younger trustees too, but despite making up 12 per cent of the UK's population, 18-24 year-olds account for less than 0.5 per cent of all charity trustees. (CAF Mind the Gap 2012)

The Charity Commission report '**A Breath of Fresh Air**' promotes best practice in recruitment and deployment of 18-24 year olds as trustees and is available free online here:

<https://www.gov.uk/government/publications/a-breath-of-fresh-air-rs23>

'**The Young Trustees Guide**' from Charities Aid Foundation includes a section on recruitment, which is also useful for general trustee recruitment. The free guide is available online here: <https://www.cafonline.org/about-us/publications/2015-publications/young-trustees-report>

Have you reported on time?

Ensure you've met your deadline. Charities with a financial year ending 31 December should have filed their annual return or accounts with the Charity Commission before the 31 October.

Trustees have a legal obligation to submit these documents and the easiest and quickest way to file your annual information is using the online services.



FREE Village Hall Guidance

ACRE (Action with Communities in Rural England) has updated guidance for all village hall trustees including:

- **Your Village Hall Management Committee**
Guidance on the constitutional and operational issues involved in managing a village hall.
- **Model Village Hall Hiring Agreement**
Written agreement ensuring the management committee and the hirer know their rights and responsibilities

These form part of a comprehensive series of information sheets and templates which aim to support volunteers to run an effective and compliant community service, according to Charity Law.

You won't find these online but they are available free to halls in Cumbria by contacting us at ACT (see back page for details).

We're updating our Community Buildings Directory

ACT is currently in the process of updating the Community Buildings Directory on the ACT website as part of our on-going support for village halls and other community buildings.

The Community Buildings Directory is a free service to help promote your hall. Each hall has it's own webpage with: details of the facilities on offer, who to contact to make a booking, and photos of the building.

You may receive a phone call or email from our Village Halls Project Researcher, Veronica Stockdale, to update the information for your building. We'll also check who the main contact is for your committee, so we know who to send relevant information to in future.

You can also contact Veronica direct on Wednesdays between 9am and 5pm.

Tel: 01228 817225

Email: actadmin@cumbriaaction.org.uk



ACRE's new village hall legal service providers

Action with Communities in Rural England (ACRE) has entered into an agreement with legal firm, Bates Wells and Braithwaite (BWB), as the network's new legal advisers, following the recent retirement of Jonathan Dawson after 20 years of service to village halls.

Initial pro bono responses can be provided to general queries, with any subsequent work charged for at a reduced rate.

If you have any legal queries please send them to ACT (contact details on back page) together with any relevant documentation. We will then forward these to ACRE who will contact BWB on our behalf.



New Lottery Fund: Celebrate England

The Big Lottery Fund has announced a new funding programme for groups to hold one off events or activities which celebrate their local community. There is a total of £3.875M for projects in England, priority will be given to:

- Projects which demonstrate communities coming together to celebrate and share their diverse cultures.
- Projects which actively bring different generations together.

Grants of between £300 and £10,000 are available and could be an opportunity for village halls looking to host future events.

The Northumberland village hall, used as the case study on the Lottery's website, received £1,208 to host both a Ceilidh and a Christmas tea party aimed at bringing the community closer together. Full details about the fund are available here: <https://www.biglotteryfund.org.uk/celebrateengland>



Physical Activity for Older People in Eden

Survey to ask - What facilities & activities do you have in your community?

On behalf of Eden District Council, ACT will soon be sending out a simple questionnaire to find out about the current range of facilities available across the district which can be used for sport and physical activity, particularly those for older people.

Facilities: Your village hall may have a table tennis table, bowls mat, or badminton court for instance, or you may have a public tennis court, bowls green, or open green space.

Activities: We will also be asking what, if any, existing activities are happening in your area. For instance, sport, dance, exercise classes, and whether there are specific opportunities for older people.

EDC has supported Penrith Leisure Centre to offer 4 hours a week scheduled for older peoples sport activities. These attract in the region of 30 people per session, with participants taking part in gym classes, bowls, walking football and swimming pool based activity.

The benefits of staying active into older age are well publicised and it is hoped that the success of the Penrith project can be replicated in the rural parts of the district.

EDC is working with ACT to look at the demand and provision of organised sport and physical activities for older people in rural areas. This is an aim within the Council Plan 2015-19.

The Council is wishing to engage with Parish Councils, Village Hall Committees and other organised groups; to initially gather information on the type and range of facilities and activities that exist across the district.

Please keep an eye out for your questionnaire, and contact Hellen Aitken at ACT for more information (see back page for details).



Does your community group need a TV licence?

If your community group plans to watch one-off TV events such as live concerts, sporting events, or big TV moments, you need to make sure you're correctly covered by a TV licence, even if it's just for a short period of time.

Usually you only need one TV licence to cover a hall, where the same TV is used by all. However in some cases certain areas may need a separate licence e.g. when part of the hall is solely occupied by a club or group using another TV.

You need a TV licence if:

- You watch or record live TV at your hall using a TV, computer or any other device plugged into the mains
- You watch or download BBC programmes on demand, including catch up TV, on BBC iPlayer (From 1 September 2016)

You don't need a TV licence if:

- Hall users watch or record live TV at a hall using their own device (laptop, tablet, phone) that is not plugged into the mains, and they have a TV Licence for their home address.
- You only watch non-BBC on demand or catch up TV services on the premises. *NB: See above for BBC programmes.*
- Devices are only ever used to watch CCTV, DVDs or videos.

If you only need the licence for a short period of time, you can apply for a refund when you no longer need it for any used 'quarters' - any three month period remaining on the licence.

The responsibility for ensuring the hall is correctly licensed lies with the hall committee. It costs £145.50 for a colour and £49.00 for a black & white TV licence. Being caught without one is a criminal offence and you could be fined up to £1,000 plus legal costs.

Find out more by calling Tel: 0300 790 6112 or visit: www.tvlicensing.co.uk/businessinfo

The Trusthouse Charitable Foundation

Funding for Village Halls and Community Centres

Trusthouse is interested in applications for capital projects at village halls in remote and economically deprived rural areas, and community centres in the most deprived urban areas.

The charitable foundation wants to support community centres and village halls which are at the heart of small, deprived communities. It expects that you provide a range of activities for all ages and abilities which help to promote community cohesion and address local problems of isolation, poverty, lack of local facilities, transport and other issues of relevance to your area.

The term 'community centre' is interpreted broadly so you might be a church, sports facility or other building which offers a range of activities throughout the week which all the community can access.

Applications will be considered for: new buildings; upgrading, renovating or extending buildings; improving or creating outside space (but not car parks).

You will need to secure a minimum of 50% of the costs of the project before starting an application, and have local fundraising initiatives under way, to show that your community supports what you do and feels a sense of ownership in the building.

In rural areas, your building's postcode must be in the most deprived 50% of the Indices of Multiple Deprivation (IMD), or in urban areas, the most deprived 20%. Applications will also be considered if the people using the building are resident in such deprived areas.

For more information visit:

<http://trusthousecharitablefoundation.org.uk/grants/community-centres-and-village-halls/>

The application form, also available on the website, includes guidance on how to check IMD statistics for your area.



Rebuilding Together

'Rebuilding Together' is a 3 year Lottery funded programme to build the resilience of people, communities and organisations in Cumbria, helping them to prepare for events similar to last December's devastating floods.

The programme, which began in October, is led by Cumbria CVS and delivered in partnership with ACT and Cumbria Action for Sustainability (CAfS).

Karen Bowen, Cumbria CVS Chief Officer, said "I am delighted we have secured this funding from the Big Lottery, it will allow us all to build on the work we have done with communities, local organisations and volunteers since the floods. We'll be drawing on the expertise of specialist organisations and national best practice to produce plans for the future".

ACT will support local communities with emergency planning and resilience activities as it has done for a number of years. Communities will be helped to write or update their own emergency plans; networks of community emergency planning groups will be developed; and effective links between community emergency groups and statutory responders will be encouraged.

Lorraine Smyth, ACT Chief Executive, said "This is a much needed injection of resource into supporting individuals, households and communities to consider what they can do in preparing for and bouncing back after extreme events. Communities have told us how local knowledge has informed the actions taken in emergency situations, to protect the most vulnerable and reduce negative impacts for all. Being prepared is proven as a key to increasing the resilience of people and communities.

"Working with the statutory agencies and other partners, we will support communities to have a voice, through the Community Resilience Network. We will also assist them to agree and take practical and evidence based action to

make a difference to personal and community resilience in Cumbria".

Cumbria CVS will work with volunteers and local charities to build resilience. Local charities will be encouraged to develop emergency plans for their own organisation, and to consider how they can help the people they work with to plan for emergencies.

The project will also link these third sector organisations to Cumbria Resilience Forum, helping ensure they understand the county's emergency plans and can continue to play a key role supporting the statutory sector in the response to and recovery from emergencies.

December's floods saw an overwhelming number of people volunteering to help in Cumbria – between local people and incoming groups, over 50,000 hours of volunteer work were accounted for in the first couple of months. The project will explore how best to coordinate these volunteers, and provide appropriate training and support for them.

CAfS will provide households and communities with essential guidance regarding property refurbishments, integrating energy efficiency improvements and retrofitting flood resilience measures. Advice, guidance and energy audits will be provided to individuals amongst a host of other measures.

Communities who wish to take action to tackle climate change, as one of the root causes of recent flooding, will be given structured support to develop low carbon, sustainable projects, many of which will generate income for the local community.

The project will also involve a number of other specialist organisations including National Flood Forum, Lancaster University's National Parks Research Centre, CLASP, Cumbria Community Foundation and the Rivers Trusts. It will continue to work alongside public sector organisations including Cumbria County Council, District Councils and the Environment Agency.

Please contact us at ACT for more information (see back page for details).





Cumbrian MPs support Community Rural Transport Symposium

A group coming together to look at new and existing solutions to Cumbria's transport issues heard from three of the County's MPs as part of an ACT event held in October at Orton Market Hall.

A written statement was delivered from Tim Farron MP with attendance by Sue Hayman MP and Rory Stewart MP. Each contributor recognised transport as an important and complex issue which needed investment and creativity in order to meet the needs of communities around the county.

Also presenting, and helping to widen the conversation, was Alistair Kirkbride, Executive Director of Carplus, a charity with expertise in establishing car clubs around the UK. Offering up a raft of ideas to support less conventional solutions for both rural and urban locations, Alistair highlighted the need for low level community led solutions (lift-share) and more ambitious opportunities for working with non-statutory funders or sponsors to secure investment in local initiatives (such as Easy-car, Zipcar or Ford Go Drive).

The attendees, including community transport providers, local authority representatives and agencies representing some of those worst affected by isolation as a result of poor transport, heard from Dr Debbie Freake, Chair of the Success regime transport group, about how the NHS understands and will try to address the impact of the challenges of rural transport on patient care and service delivery.

Participants then worked together, exploring how particular needs may be met better by a range of different solutions. Recognising that bus and rail transport in low population areas will not be prioritised for investment by local or national government in the near future, the Symposium concluded that they would continue to work together to explore how communities can find their own supportive solutions.

There was an appetite to work across the county, ensuring that administrative boundaries were not obstacles to the journeys people need to make.

Contact ACT for more information (see back page).



Alistair Kirkbride presenting new and innovative transport solution ideas at the ACT event



Learning Network for 'Good Neighbours' Groups

A recent meeting of partners involved in health and well being activities looked at how to support Good Neighbour activity in Cumbria. The partners present looked at:

- The range of Good Neighbour activity in Cumbria: from the very local where neighbours look out for each other to the centrally organised programme with volunteers recruited and allocated to clients who request support
- Whether issues such as insurance and training are needed across the range of types of delivery in Cumbria
- The value of learning from each others work in this area
- Whether a network to support such activity would be useful to those involved again across the range of delivery.

The partners concluded that promotion of Good Neighbour type activity across Cumbria is a worthwhile task to undertake. ACT will be seeking a small amount of funding to develop this approach.

So watch this space for more information on a creative and fun promotion of neighbourliness.

ACT AGM

ACT's AGM event was held at Wetheral Village Community Hall in September and celebrated community planning activity from across the county.

The event included presentations from volunteers involved in different types of community planning:

- Graham Thompson, from Keswick Flood Action Group gave his **Community Emergency Planning** experience
- Gordon Malcolm spoke about Lazonby **Neighbourhood Planning** Group
- Annette Carmichael gave a presentation about **Community Led Planning** in Broughton

Speaking about the value of community planning Lee Sheriff, Carlisle City Council Communities, Health and Wellbeing Portfolio Holder, also highlighted the importance of community involvement in health and wellbeing issues.

Dr Des O'Halloran, ACT Chair, presented the ACT Annual Review which can be found on our website here: www.cumbriaaction.org.uk

Lorraine Smyth, ACT Chief Executive, spoke about the value of Community Planning and new ACT guidance on 'Community Needs Assessment' for communities looking to identify which type of planning would be most useful to them.



(L - R) ACT President Jolyon Dodgson with speakers Annette Carmichael, Gordon Malcolm, and ACT Chief Executive Officer Lorraine Smyth.



Sharing Cumbria's good practise with the BIG Lottery

ACT recently ran a workshop with the Big Lottery Northern Development Team using Cumbrian projects to discuss asset based approaches to project development.

Asset based approaches are about starting where the community is at and working with the skills and abilities they bring to a project, rather than looking at what is needed and how poor or deprived they are as a starting point.

To inform this debate we used a number of the Case Studies on the ACT website:

- Sedbergh Peoples Hall Staged Refurbishment Project - Learning from their experience and re-grouped to achieve their aims.
- Lakes Parish Council Managing Public Toilets - taking the initiative on behalf of the community.
- Dent Bad Weather Friends—Local, small and sustainable within their own capacity.
- Seaton Village Hall Healthy activities in the hall - Intervention to build change and address a difficult issue.
- Northern Fells Lend-a-Hand Scheme - An anchor organisation that is community run and maintained.

You can view the case studies here:

<http://www.cumbriaaction.org.uk/ResourcesPublications/CaseStudies.aspx>

The Lottery are reframing how they use the resources they have and one of the considerations is to be aware of the ABCD - Asset Based Community Development approach .

This was a really good opportunity to showcase rural Cumbrian projects and discuss how community development works in rural areas.



Winter Warmth Appeal

As many as 300 older people die every winter across Cumbria because of the effects of the cold weather.

Cumbria Community Foundation (CCF) has launched the Winter Warmth Appeal for the seventh year, to help older people stay warm and well in the colder months.

CCF are encouraging people to donate to the appeal, which last year helped more than 1,000 older Cumbrians out of fuel poverty.

The Appeal was set up in 2010 when a number of leading Cumbrians decided they wanted to donate their Winter Fuel Payments to support others who were less fortunate than themselves. Since then, half a million pounds has been raised.

For more information, or to make a donation, visit the CCF website here: <http://www.cumbriafoundation.org/winter-warmth-fund>

The money raised is distributed in partnership with Age UK West Cumbria, Age UK Carlisle and Eden, Age UK South Lakeland and The Oaklea Trust, and last year went a long way in helping vulnerable older people in Cumbria keep warm throughout the winter.



Latest figures show that one in five households are still not home after December's floods. As we head towards winter, Cumbria Community Foundation (CCF) has recently re-launched the Cumbria Flood Recovery Appeal, for people to ask for financial help.

Visit the CCF website for more information and to donate or make an application: <http://www.cumbriafoundation.org/ways-to-give-new/cumbria-flood-appeal-2015>

CCF is also supporting charitable organisations, such as Cumbria Alcohol and Drug Advisory Service, to provide emotional support to help families who are buckling under the pressure. CADAS's North Services Manager Helen Lawrie said: "We have seen an increasing number of people accessing our service on a one-to-one basis who maybe had issues before the floods and have now become more vulnerable. We find that some people are also addicted to prescription drugs; those who normally wouldn't are going to their GP for an antidepressant and six months or a year on are still using it to cope.

"Thanks to grant funding, we have launched Mindfulness courses around the county to help those who need it to develop their resilience. We can't change their circumstances, but we can give people tactics to help them cope better."



Community Waste prevention Fund

Cumbria County Council's Community Waste prevention Fund (CWPF) is open for applications. The CWPF is a grant giving scheme that supports the reduction of household waste whilst seeking to improve the quality of life for people in Cumbria through community based projects.

A total fund of £8300 is available from the County Council's six Local Committees.

Applications are invited for grants between £500 and £3000 for projects that support waste reduction.

For further information visit: <http://www.cumbria.gov.uk/planning-environment/waste-management/communitywastepreventionfund.asp>

Or phone: Eden: 01768 812660
Carlisle: 01228 226730
Allerdale: 01900 706008
Copeland: 01946 505020
South Lakeland: 01539 713 419



Low Emission Car Hire offer for residents and businesses

Ever heard of a car club?

This exciting concept for car hire exists right here in Cumbria. Co-wheels, the UK's largest independently owned Car Club, have low emission Hybrid Toyota Yaris available to hire at:

- Oxenholme Station
- Penrith Station
- Windermere Station
- Carlisle Station
- Staveley Main Street

Co-wheels are an award winning social enterprise offering 'pay by the hour' car hire, in convenient locations close to where people live and work and at transport interchanges (including train stations) across the UK.

Car clubs reduce the number of cars on roads and improve air quality in communities. Car clubs also cut miles driven, and provide financial and health benefits to individuals. "Did you know that just one car club car effectively removes a whopping SEVENTEEN private cars from the road?" [Carplus Annual Survey, England and Wales 2015/16]

Whether it's for business, meetings, appointments, family trips, shopping or just a day out, the vehicles can be hired by the hour or day* and membership gives access to a UK wide fleet.

Anyone can join, then members manage their bookings online making use of vehicles when they need them, without peripheral costs (insurance, repair, servicing, MOT, fuel, tax, tyres) and hassle of actually owning a car.

Membership Offer for ACT Gazette readers:

Use the code 'CumbriaDrive' in the promotions box of the online application before 30 Nov 2016, to get £10 membership (normally £25), plus £5 credit towards your first trip!

Visit: www.co-wheels.org.uk for more information or Tel: 0191 3751050.

[*The Station Yaris car costs £5.25 per hour or £36.75 per day (24hrs) plus 15 pence per mile]



Guide for people in flood areas

Practical tips to make your building cope better

Cumbria Action for Sustainability (CAFS) has produced a new factsheet with lots of practical tips for improvements you can do to your home, community building or business if you're in a flood-risk area.

The building materials you use when refitting after flooding, or just while you're doing other works, can help get your building back into use more quickly if you are flooded in the future. The right building methods can also make a big difference.

You can download the factsheet from the CAFS website here: <http://www.cafs.org.uk/resources/factsheet-refitting-home-cope-better-flooding/>. Printed copies will also be available to pick up in flood-risk areas soon, or you can request a posted copy by emailing emma@cafs.org.uk.



Make A Date to Volunteer in Eden

Cumbria CVS Volunteering Fair
Tues 31 January 2017, 10.30am - 12noon
Penrith Methodist Church CA11 7QY

This event is aimed at anyone interested in volunteering and will provide you with the opportunity to meet representatives of around 15 local organisations currently recruiting new volunteers.

So if you would like to know more about how to become a volunteer and make a difference in your community, please do come along.

For more information, contact Judith Holmshaw at Cumbria CVS, on 01768 800350 or Email: judithh@cumbriacvs.org.uk

Message in a Bottle



The Lions Message in a Bottle (MIAB) is a simple, but effective, way to keep essential personal and medical details where they can be found in an emergency – the fridge.

Information is kept in the distinctive plastic bottle, in the user's fridge where emergency services will expect to find it.

Paramedics, police, fire-fighters and social services support this life-saving initiative and know to look in the fridge when they see the MIAB stickers on the fridge door, and on the inside of the front door.

The bottles are supplied free of charge thanks to generous donations from the public and businesses. Bottles are supplied to health centres, doctors' surgeries and chemists, and are also available direct from Lions clubs.

Kendal and District Lions Club started the project 16 years ago and since then it has been adopted by clubs all over the UK having distributed more than 5 million bottles.

The project has even inspired other countries, including Australia, Austria, Germany, and the USA, to start similar schemes.



Public Consultation

The NHS in West, North and East Cumbria is consulting on a number of possible service changes. The 'Healthcare for the Future' consultation runs from 26th September to 19th December 2016.

Visit: <http://www.wnecumbria.nhs.uk> to read the consultation document and have your say by completing the consultation questionnaire.

Visit <http://www.successregimecumbria.nhs.uk> for information about the Success Regime.



Check your Defibrillator

People and organisations should check if they have the defibrillator models, LIFEPAK CR Plus and LIFEPAK EXPRESS Automatic External Defibrillators (AED), because an electrical fault with some of them may not deliver an electric shock to the heart to someone who is in cardiac arrest. Approximately 2,577 devices are defective.

These devices are available in public places such as schools, supermarkets, community centres and train stations. They are often known as public access defibrillators (PAD) as anyone can use them in an emergency.

The manufacturer, Physio-Control, has sent a safety alert to people with affected defibrillators, with instructions for action. Whilst there have been no reported patient incidents, it is important that the manufacturer's instructions are followed by completing and returning the confirmation sheet immediately.

If people have these defibrillators and not received the manufacturer's safety alert, they should locate the serial number on the label on the back of the device and call the manufacturer's customer support or visit their website to see if the device is affected.

The Medicines and Healthcare products Regulatory Agency (MHRA) has issued a Medical Device Alert. John Wilkinson, MHRA's Director of Medical Devices said:

"These devices deliver life-saving treatment and it is vital they operate correctly when needed in an emergency.

"Those who are responsible for them should carry out the checks recommended by the manufacturer. If the defibrillator is faulty, please remove it from use."

If you have any questions, call Physio-Control on Tel: 0808 258 0094



Digital Inclusion

The Internet has transformed how we work, keep in touch, find information and spend our leisure time. Making broadband available to people in Cumbria will have significant economic and social benefits for everyone.

Digital inclusion is about helping everyone to gain the skills and confidence to use the Internet. Connecting Cumbria's Digital Inclusion workshops and online information are there to help you.

Choosing a Broadband Supplier Service Guarantees, Restrictions & Questions to Ask

What Actual Speeds will I get on my line?

- Good Internet Service Providers should be able to tell you what speed you will get, not just an "up to..."
- Some will guarantee a minimum speed for your service and allow you to cancel the contract if they can't deliver.

Are there Guaranteed Fix Times?

- How quickly will a fault be fixed? Is there a Service Level Guarantee (SLG)?
- Most ISP's don't offer an SLG on Broadband, but should do on the telephone line.
- Openreach offer a guaranteed 6 hour fix service to any ISP, but most don't opt to pay for this. If it's important to you, ask your ISP about it.

Can I escalate a fault for a faster fix?

- SP's should be able to escalate a fault (or provision) for faster fix/delivery.
- If you don't feel your fault is being resolved in a timely manner, you can request an escalation.

Are there Free Helpdesk Numbers?

- You need to know if you will be paying high call charges to report a fault or ask for advice.
- 0800 number is free from landlines. 0845 or 0870 numbers will be chargeable at different rates as all other numbers will be.

Do you use Traffic Management to restrict broadband speeds?

- Some ISP's may use Traffic Management to reduce broadband speeds at different times to manage demand and capacity.
- Make sure you know if yours does.
- That could be why your broadband speeds slow down at different times.

End to End Response Times?

- The line speed on your broadband (from the exchange to your house) is only part of the picture.
- Do you get good speeds over the internet?
- Use a speed checker that has servers across the UK (or even Europe) to get a reliable view of the service.

Can I retain my email address and Telephone Number?

- You should be able to keep using your email address when you move ISP's, but there may be a charge.
- If you can't then make sure you tell everyone about your new address (and change any website login details that use your email ID or you may not be able to update passwords or receive updates).

Any Free Services?

- Does your ISP offer free/reduced price services such as cloud storage, VOIP services (like Skype), free calls, free software or internet security?

Any Problems with interference/Weather Impact?

- If you are using wifi broadband services, how reliable are they when the weather or the landscape changes?
- Even leaves growing on trees can cause interference in spring and summer!

Are there data download limitations?

- Is there a download limit on your service?
- If so, what are the charges for going over the limit?
- These can make a cheap service really expensive.

For more useful information visit the Connecting Cumbria website:

<http://www.connectingcumbria.org.uk/digital-inclusion.asp>

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ACT would like to thank the following for supporting our Community Buildings Advice Service for 2016-2017:



ACTion with communities in cumbria champions community and rural issues



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